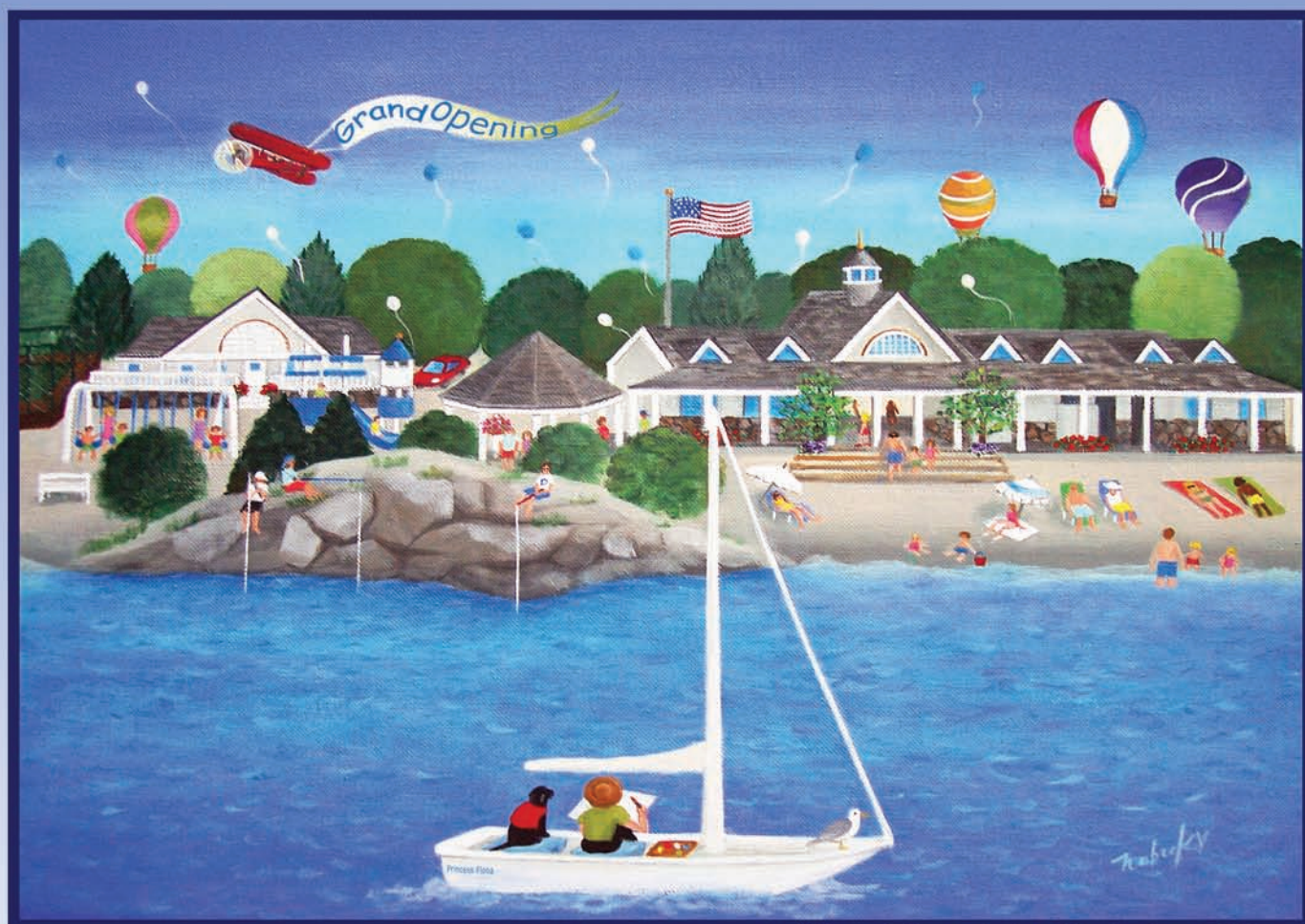


# Darien

## Parks and Recreation Department & Senior Activities Center



Weed Beach by Nobuko Miki

## SPRING & SUMMER 2012

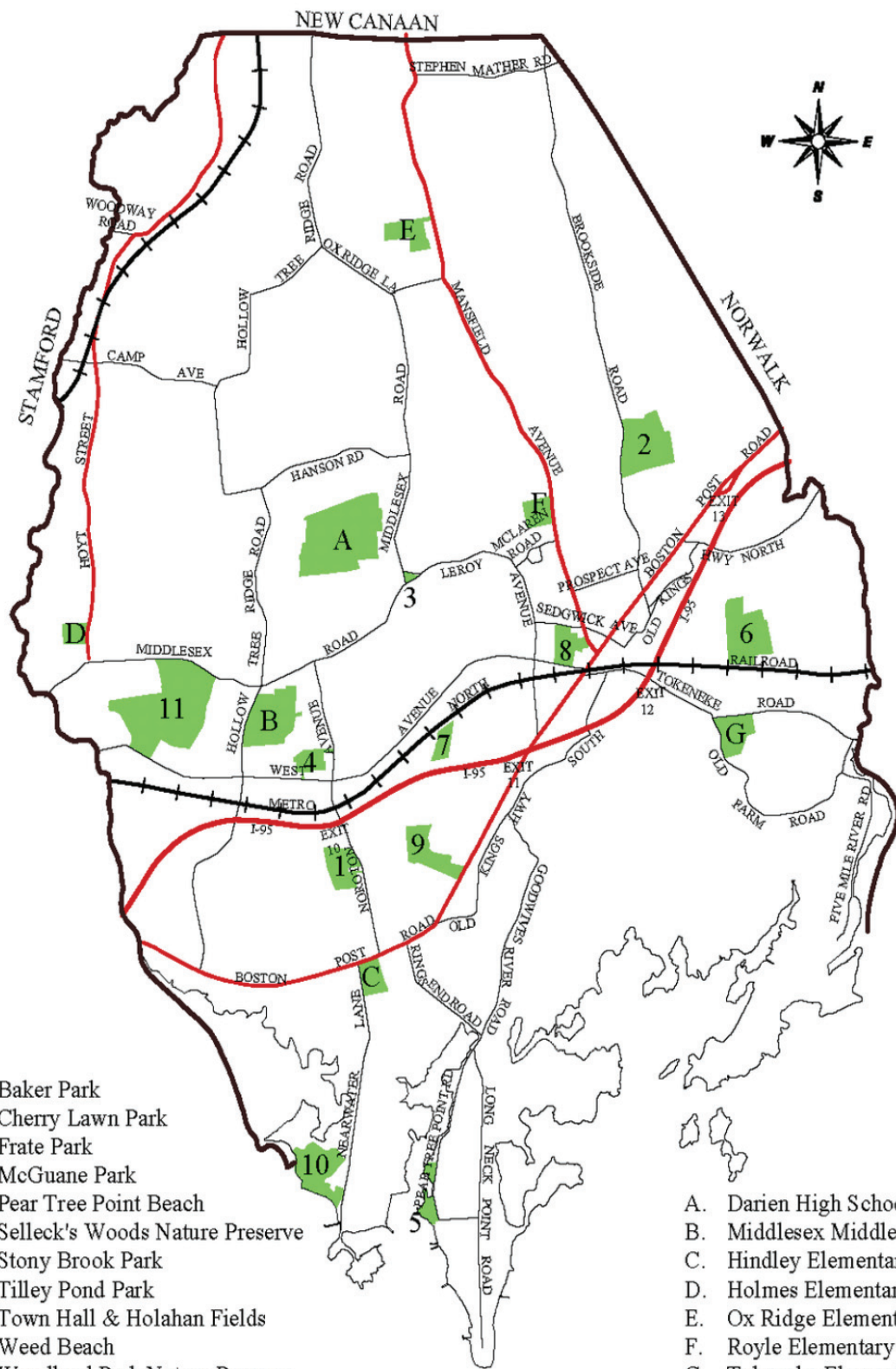


Resident registration for spring AND summer  
Parks & Rec programs begins March 7th  
Register online at [www.darienct.gov/parkrec](http://www.darienct.gov/parkrec)



Beach Permit Application on Back Cover

# MAP OF TOWN PARKS/SCHOOLS





## Town of Darien Parks and Recreation Guide

<i>Parks And Recreation Facilities</i>	<i>Address</i>	<i>Acres</i>	Baseball	Basketball	Boat Launch	Community Gardens	Fishing	Football	Gazebo	Hiking/Walking	Ice Skating	Lacrosse	Open Space	Paddle Tennis Cts.	Parking	Picnic Area	Playground	Soccer	Softball	Swimming	Tennis	Volleyball
Baker Park (1)	75 Noroton Ave.	11.72										*	*		*		*	*	*			
Cherry Lawn Park (2)	120 Brookside Rd.	27.5	*	*		*	*		*	*	*		*		*	*		*	*		*	
Frate Park (3)	Corner of Middlesex Rd. & Leroy Ave.	.83											*									
McGuane Park (4)	221 Noroton Ave.	7.5	*										*		*	*	*	*				
Pear Tree Point Beach (5)	127 Pear Tree Point Rd.	7.95			*		*		*						*	*				*		
Selleck's Woods Nature Preserve (6)	Little Brook Rd.	28.093								*			*		*							
Stony Brook Park (7)	Ledge Rd.	11.3								*			*		*							
Tilley Pond Park (8)	Lakeside Ave.	8.651					*		*	*	*		*		*							
Town Hall & Holahan Fields (9)	2 Renshaw Rd.	10	*					*				*	*		*	*		*	*			
Weed Beach (10)	155 Nearwater Ln.	22.12			*		*		*				*	*	*	*	*			*	*	*
Woodland Park Nature Preserve (11)	Middlesex Rd.	64.717								*			*		*							
<b>School Facilities</b>																						
Darien High School (A)	80 High School Ln.	40	*	*				*				*			*			*	*		*	
Middlesex Middle School (B)	204 Hollow Tree Ridge Rd.	27.34	*					*				*	*		*			*	*			
Hindley Elem. School (C)	10 Nearwater Ln.	9.6	*	*				*					*		*		*	*	*			
Holmes Elem. School (D)	18 Hoyt St.	10	*	*				*					*		*		*	*	*			
Ox Ridge Elem. School (E)	395 Mansfield Ave.	9.86	*	*									*		*		*	*	*			
Royle Elem. School (F)	133 Mansfield Ave.	8.3	*	*				*					*		*		*	*	*			
Tokeneke Elem. School (G)	7 Old Farm Rd.	12	*					*					*		*		*	*	*			

## GENERAL INFORMATION

Darien Parks and Recreation Department  
Town Hall, 2 Renshaw Road



Darien, CT 06820  
Phone (203) 656-7325  
Fax (203) 656-7393



Website: [www.darienct.gov/parkrec](http://www.darienct.gov/parkrec)  
Email: [park&recreation@darienct.gov](mailto:park&recreation@darienct.gov)

Office Hours: Monday-Friday, 8:30 AM - 4:30 PM

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## IMPORTANT CONTACTS

Darien Little League.....	<a href="http://www.dybs.org">www.dybs.org</a>
Darien Soccer Association .....	<a href="http://www.dariensoccer.org">www.dariensoccer.org</a>
Darien Youth Lacrosse League.....	<a href="http://www.dylax.com">www.dylax.com</a>
Darien Jr. Football.....	<a href="http://www.fairfieldcountyfootball.org">www.fairfieldcountyfootball.org</a>
Darien Youth Hockey.....	<a href="http://www.dyha.com">www.dyha.com</a>
Darien Junior Sailing Program.....	<a href="http://sail.darien.org">sail.darien.org</a>
Darien Youth Commission.....	203-656-7326
Darien Senior Activities Center.....	203-656-7455
Darien YMCA .....	203-655-8228
Darien Nature Center.....	203-655-7459
Darien Library.....	203-655-1234
American Red Cross.....	203-621-1900
Darien Harbor Master.....	<a href="mailto:darienharbor@darienct.gov">darienharbor@darienct.gov</a>
Darien Boat Club .....	203-655-1927
Darien Arts Center.....	203-655-8683
Adult Co-Ed Softball.....	<a href="mailto:dariencoedsoftball@gmail.com">dariencoedsoftball@gmail.com</a>
Darien Sail & Power Squadron.....	<a href="http://dps.darien.org">dps.darien.org</a>

## CHERRY LAWN COMMUNITY GARDENS

Limited garden plots at Cherry Lawn Park are available for the 2012 season. For information regarding garden availability, please contact Cherry Lawn Garden Chair, Dorothy Shergalis, at 203-655-6233.

## PARK FACILITY PERMITS

The Darien Parks and Recreation Department issues Park Facility permits to the residents of Darien and their guests to reserve picnic areas. To apply for a permit, please contact the Parks & Recreation Department at 203-656-7325. Please allow a minimum of two weeks for permit approval.

## REGISTRATION INFORMATION

Resident - Starts **Wednesday, March 7th at 8:30 AM**

Non-Resident - Starts **Wed., March 14th at 8:30 AM**

You now have 3 ways to register:



1. **Online** at [www.darienct.gov/parkrec](http://www.darienct.gov/parkrec)

\* Please make note of the program course numbers in this brochure. They can be used to easily access programs on our registration website.

\* You will need a client barcode number and family pin number to sign up for programs. Please call 203-656-7325 to start a new account, add a family member or to obtain your login numbers.

2. **By mail**

\* Mail-in registrations will be handled after those registering in-person on March 7th.

3. **In-person** - Room 110 of the Darien Town Hall

**\*\*Please Note\*\*** - Participants **MUST** be the appropriate age by the start of the program.

## PAYMENTS

Payment must be made in full at time of registration. Credit card (Visa/MasterCard), check, or cash payments are accepted. Checks should be made payable to the Town of Darien.



## REFUNDS

If a program is cancelled due to insufficient enrollment, a full refund will be given. For any other reason, refunds will be granted up to one week from the start of the program less a \$15 administration fee. If cancellations are made within one week of the program start date, only 75% of the registration fee will be refunded. **No refunds will be granted after the start of a program.**

## SCHOLARSHIPS

Full or partial financial assistance is available to help Darien residents who may be unable to afford the full cost of a program. Please call 203-656-7325 for information.

## PROGRAM INFORMATION

The Parks and Recreation Department reserves the right to set a minimum and maximum for each program to ensure instructor-to-participant ratios are maintained. The Parks and Recreation Department reserves the right to cancel any program due to insufficient enrollment.

## COVER PHOTO INFORMATION

Our cover image of the new Weed Beach is compliments of Darien resident Nobuko Miki. Weed Beach has gone through a major transformation & will be ready for the 2012 beach season. Darien Parks & Recreation would like to thank Nobuko for her wonderful artwork and talent!

# SPRING YOUTH PROGRAMS

## TINY TOTS SOCCER

**Days:** Monday, Tuesday, Wednesday, Thursday, Friday, or Saturday (8 weeks)

Mar. 31 - June 11 (no class Apr. 6 - 9; 16 - 21; May 26 & 28)

<u>Time:</u>			<u>Course #</u>
Saturday	9:00 - 9:45 AM	Ages 3 - 5	4675
Saturday	9:00 - 9:45 AM	Ages 2 & 3*	4676
Saturday	10:00 - 10:45 AM	Ages 3 - 5	4677
Saturday	10:00 - 10:45 AM	Ages 2 & 3*	4678
Saturday	11:00 - 11:45 AM	Ages 3 - 5	4679
Saturday	11:00 - 11:45 AM	Ages 2 & 3*	4680
Monday	10:45 - 11:30 AM	Ages 2 & 3*	4681
Tuesday	1:15 - 2:00 PM	Ages 3 - 5	4682
Wednesday	12:45 - 1:30 PM	Ages 3 - 5	4683
Wednesday	1:45 - 2:30 PM	Ages 3 - 5	4684
Thursday	10:00 - 10:45 AM	Ages 3 - 5	4686
Thursday	1:15 - 2:00 PM	Ages 3 - 5	4687
Friday	10:00 - 10:45 AM	Ages 2 & 3*	4688
Friday	12:30 - 1:15 PM	Ages 3 - 5	4689
Friday	12:30 - 1:15 PM	Ages 2 & 3*	4690
Friday	1:30 - 2:15 PM	Ages 3 - 5	4691

**Locations:** Monday - Friday - Town Hall Fields  
Saturday - Ox Ridge Elementary



**Fee:** Resident - \$155; Non-Res - \$186

Engages children in physical activity while developing their motor skills and basic soccer skills. The sessions begin with running and fun stretching exercises followed by playing fun games with the soccer ball. Each class consists of dribbling, shooting and passing. Children will be divided into age groups. This program is run by Jon Bradley, DHS varsity boys soccer coach. \* 2 & 3 year-old classes are Mommy/Daddy & Me!

## APRIL VACATION CAMP

<u>Dates:</u>		<u>Course #</u>
Monday - Friday	April 16 - 20	
Monday - Friday	9:00 - 10:30 AM	4743
Monday - Friday	10:30 AM - 12:30 PM	4744
Monday - Friday	9:00 AM - 12:30 PM	4745
Monday Only	9:00 AM - 12:30 PM	4746
Tuesday Only	9:00 AM - 12:30 PM	4747
Wednesday Only	9:00 AM - 12:30 PM	4748
Thursday Only	9:00 AM - 12:30 PM	4749
Friday Only	9:00 AM - 12:30 PM	4750

**Location:** Town Hall Gymnasium

**Fee:** \$125 - Basketball (9 - 10:30 AM)  
\$170 - Soccer (10:30 AM - 12:30 PM)  
\$280 - Basketball & Soccer \$60 - Daily

Future Stars Basketball Academy and Blue Wave Kickers soccer offer an exciting morning sports experience for children in grades K - 6.

## NEW LEVEL TENNIS LESSONS

**Days:** Monday, Tuesday, Wednesday, Thursday, Friday, or Saturday (8 weeks)

March 31 - June 11

(no class April 6 - 9; 16 - 21; May 26 & 28)

<u>Times:</u>			<u>Course #</u>
Saturday	12:00 - 12:45 PM	Ages 3 & 4	4577
Saturday	12:45 - 1:30 PM	Ages 4 & 5	4578
Saturday	1:30 - 2:30 PM	Ages 6 - 8	4579
Saturday	2:30 - 3:30 PM	Ages 9 - 11	4580
Monday	10:00 - 10:45 AM	Ages 3 & 4	4568
Monday	10:45 - 11:30 AM	Ages 4 & 5	4569
Monday	1:45 - 2:30 PM	Ages 3 & 4	4550
Monday	2:30 - 3:15 PM	Ages 4 & 5	4557
Monday	3:15 - 4:00 PM	Ages 4 & 5	4558
Monday	4:00 - 5:00 PM	Ages 6 - 8	4554
Monday	5:00 - 6:00 PM	Ages 9 - 11	4556
Tuesday	1:45 - 2:30 PM	Ages 3 & 4	4560
Tuesday	2:30 - 3:15 PM	Ages 3 & 4	4561
Tuesday	3:15 - 4:00 PM	Ages 4 & 5	4562
Tuesday	4:00 - 5:00 PM	Ages 5 & 6	4570
Tuesday	5:00 - 6:00 PM	Ages 6 - 8	4571
Wednesday	1:45 - 2:30 PM	Ages 3 & 4	4572
Wednesday	2:30 - 3:15 PM	Ages 4 & 5	4573
Wednesday	3:15 - 4:00 PM	Ages 4 & 5	4574
Wednesday	4:00 - 5:00 PM	Ages 9 - 11	4575
Wednesday	5:00 - 6:00 PM	Ages 6 - 8	4576
Thursday	1:45 - 2:30 PM	Ages 3 & 4	4563
Thursday	2:30 - 3:15 PM	Ages 4 & 5	4564
Thursday	3:15 - 4:00 PM	Ages 4 & 5	4565
Thursday	4:00 - 5:00 PM	Ages 5 & 6	4566
Thursday	5:00 - 6:00 PM	Ages 9 - 11	4567
Friday	1:45 - 2:30 PM	Ages 3 & 4	4559
Friday	2:30 - 3:15 PM	Ages 3 & 4	4551
Friday	3:15 - 4:00 PM	Ages 4 & 5	4552
Friday	4:00 - 5:00 PM	Ages 6 - 8	4555
Friday	5:00 - 6:00 PM	Ages 10 - 14	4553

**Location:** Cherry Lawn Park

**Fee:** 45-minute class (includes racket)  
Resident - \$125; Non-Res - \$150




1-hour class - Resident - \$190; Non-Res - \$228

Classes will utilize fun drills, coordination exercises, and age appropriate games to enhance student's understanding and aptitude for tennis. More advanced players will focus on stroke refinement, movement, court sense and match play.


# SPRING YOUTH PROGRAMS

## FUTURE STARS BASEBALL/SOFTBALL

<u>Day:</u>	Tuesday (8 weeks) April 10 - June 5 (no class April 17)	<u>Course #</u>
<u>Time:</u>	4:00 - 5:30 PM	4719
<u>Location:</u>	Town Hall Fields & Gymnasium Ages 5 - 10 (boys and girls)	
<u>Fee:</u>	Resident - \$199; Non-Res - \$239	

Future Stars Academy, top rate provider of youth sports instruction, focuses on skill improvement for the participants through instruction that stresses excellence, education, practice and discipline, all in a fun-filled atmosphere. Instruction will focus on throwing, catching, hitting, and fielding.

## FUTURE STARS BASKETBALL

<u>Day:</u>	Thursday (8 weeks) March 22 - May 17 (no class April 19)	<u>Course #</u> 4721
<u>Time:</u>	4:00 - 5:30 PM Ages 5 - 10	
<u>Location:</u>	Town Hall Gymnasium	
<u>Fee:</u>	Resident - \$199; Non-Res - \$239	

Future Stars Basketball Academy, top-rated provider of basketball instruction, focuses on skill improvement through instruction that stresses excellence, education, practice and discipline, all in a fun-filled atmosphere. All players will receive a Future Stars jersey. This program will include Future Stars' "Lessons of Life" educational program.


## DARIEN JR. GOLF ACADEMY

<u>Day:</u>	Tuesday (8 weeks) March 27 - May 29 (no class April 17 & 24)	<u>Course #</u>
<u>Time:</u>	3:00 - 4:00 PM Girls, Grades 6 - 8	4729
	4:15 - 5:15 PM Grades 1 & 2	4727
	5:15 - 6:15 PM Grades 3 & 4	4728
<u>Location:</u>	3:00 PM class - Town Hall front fields 4:15 & 5:15 PM classes - Town Hall Gym	
<u>Fee:</u>	Resident - \$200; Non-Res - \$240	

Grades 6 - 8 - Designed to introduce and prepare young girls to play golf. Girls will work on all aspects of the game. Improving short game skills, course management and etiquette. Grades 1 & 2 - Junior golfers will learn the FUNDamentals of the golf swing using SNAG golf equipment.


Grades 3 & 4 - Golf class will emphasis Fundamental Movement Skills (FMS) with emphasis on improving swing.

## STORYTIME ADVENTURE YOGA

<u>Day:</u>	Friday (6 weeks) March 30 - May 18 (no class April 6 & 20)	<u>Course #</u> 4832
<u>Time:</u>	2:45 AM - 3:45 PM	
<u>Location:</u>	Town Hall Gymnasium Ages 3 - 5	
<u>Fee:</u>	Resident - \$80; Non-Res - \$96	


Each week we will read a favorite book or tell an imaginative tale and learn about animals, the earth and all that is good & engage our toddlers' creativity, self-expression, and energy. Children will earn Yoga poses while learning. We'll develop strength, flexibility, balance, and focus through this imaginative, yoga-based adventure and play. Animal sounds will fill the room in this fun, lightly structured environment.

## NEW LEVEL FLOOR HOCKEY

<u>Day:</u>	Friday (8 weeks) March 23 - June 1 (no class April 6, 20, 27)	<u>Course #</u>
<u>Time:</u>	3:00 - 4:00 PM Ages 4 & 5	4672
	4:00 - 5:00 PM Ages 5 - 8	4674
<u>Location:</u>	Town Hall Gymnasium	
<u>Fee:</u>	Resident - \$150; Non-Res - \$180	

Sticks & pucks, but no ice! Bring your sneakers & perfect your slapshot! Will serve as a solid foundation for the game of hockey. Classes will consist of instruction, a skill session, and game time. Every player will receive practice jersey.

## FIT FRIDAYS

<u>Day:</u>	Friday (6 weeks) March 30 - May 18 (no class April 6 & 20)	<u>Course #</u>
<u>Time:</u>	4:00 - 5:00 PM Boys & Girls Ages 6 - 11	4830
	5:00 - 6:00 PM Girls Ages 10 - 14	4831
<u>Location:</u>	Town Hall Gymnasium	
<u>Fee:</u>	Resident - \$80; Non-Res - \$96	

The boys & girls class will include rebounding (aerobics on a mini trampoline), zumba, jump rope sports, and yoga while the girls program will include rebounding, hooping, and flexibility training for a fun, never-boring fitness program. Nutrition and healthy lifestyle education is also included.



# SPRING YOUTH PROGRAMS

## ZUMBATOMICS

**Days:** Monday (8 weeks)  
March 26 - June 4  
(no class April 9 & 16; May 28) **Course #**  
4818

**Time:** 4:00 - 4:45 PM

**Location:** Town Hall Gymnasium

**Fee:** Resident - \$100; Non-Res - \$120

Zumba Classes designed for kids ages 5-10 by Flair Fitness. Classes are rockin', high energy fitness-parties packed with special choreographed, kid-friendly routines and all the music kids love like hip-hop, reggaeton & more. Run by Zumbatomic® Licensed Instructor Amber Allen. Please wear workout attire, sneakers & bring water bottle.

## KARATE

**Days:** Monday, Tuesday, Wednesday, Thursday, Friday, or Saturday

**Spring** March 19 - June 16 (12 weeks)

Time:		Ages	Course #
Monday	4:00 - 4:45 PM	Ages 4 - 6	4755
Thursday	4:00 - 4:45 PM	Ages 4 - 6	4756
Saturday	9:00 - 9:45 AM	Ages 4 - 6	4757
Monday	4:45 - 5:30 PM	Ages 7 - 9	4758
Tuesday	4:45 - 5:30 PM	Ages 7 - 9	4759
Wednesday	4:45 - 5:30 PM	Ages 7 - 9	4760
Thursday	4:45 - 5:30 PM	Ages 7 - 9	4761
Friday	4:30 - 5:15 PM	Ages 7 - 9	4762
Saturday	9:45 - 10:30 AM	Ages 7 - 9	4763

**Summer** June 18 - August 11 (8 weeks)

Time:		Ages	Course #
Monday	4:00 - 4:45 PM	Ages 4 - 6	4764
Thursday	4:00 - 4:45 PM	Ages 4 - 6	4765
Saturday	9:00 - 9:45 AM	Ages 4 - 6	4766
Monday	4:45 - 5:30 PM	Ages 7 - 9	4767
Tuesday	4:45 - 5:30 PM	Ages 7 - 9	4768
Wednesday	4:45 - 5:30 PM	Ages 7 - 9	4769
Thursday	4:45 - 5:30 PM	Ages 7 - 9	4770
Friday	4:30 - 5:15 PM	Ages 7 - 9	4771
Saturday	9:45 - 10:30 AM	Ages 7 - 9	4772

**Location:** Darien Martial Arts Academy (346 Heights Road)

**Fee:** Spring - Resident - \$425; Non-Res - \$510  
Summer - Resident - \$284; Non-Res - \$340

This program is for beginner students only or those that took the program through Parks & Rec. in the past. Program will not meet when public schools are closed. Each participant will receive a complimentary uniform. Please contact Darien Martial Arts at 203-202-2764 for more information.

## GUITAR LESSONS

**Day:** Wednesday (8 weeks)  
March 28 - May 23 (no class April 18)

**Time:** 4:00 - 5:00 PM - Beginners **Course #** 4737  
5:00 - 6:00 PM - Beginners 4738  
6:00 - 7:00 PM - Intermediate 4739  
Ages 8 - 15

**Location:** Town Hall Small Gymnasium

**Fee:** Resident - \$220; Non-Res - \$264



Want to be the next American idol? Learn chords, scales, theory and, best of all, learn to play your favorite songs!!! Focus in on providing a high level of instruction in a fun, co-operative atmosphere. Guitars are provided to use during lessons. Rentals also available. For more info contact Shane O'Reilly at 203-500-5916 or shaneguitartennis@yahoo.com

## PIANO LESSONS

**Day:** Tuesday (9 weeks)  
March 27 - June 5 (no class April 17 & 24)

**Time:** 4:00 - 5:00 PM - 6 - 13 yrs. Level 1 **Course #** 4730  
5:00 - 6:00 PM - 6 - 13 yrs. Level 2 4731  
6:00 - 7:00 PM - 6 - 13 yrs. Level 3 4732  
7:00 - 8:00 PM - All ages Advanced 4733

**Location:** Town Hall Small Gymnasium

**Fee:** Resident - \$200; Non-Res - \$240

This revolutionary piano program builds a musical foundation and creates a hobby that will last a lifetime! Classroom keyboards and all materials are included in the registration fee. The previous level is a prerequisite for a higher level.

## HORSES 101

**Days:** Sunday or Tuesday (4 weeks)  
April 29 - May 22

**Time:** Sunday 12:30 - 1:30 PM **Course #** 4774  
Tuesday 6:00 - 7:00 PM **Course #** 4773  
Ages 5 - 14

**Location:** Mead Farm (107 June Road, Stamford)

**Fee:** Resident - \$215; Non-Res - \$258



Each session includes a 1/2 hour horseback riding lesson in an outdoor ring and 1/2 hour horsemanship class covering general horse care, grooming, tacking & untacking. Requirements include signed waiver, long pants & boots with heels. Mead Farm can supply riding helmets or participants may bring their own. Program is designed for beginning riders. Participants must fill out a waiver packet before 1st session!

# SPRING YOUTH PROGRAMS

## LITTLE SCIENTISTS

Day: Tuesday (8 weeks)  
April 3 - May 29 (no class April 17)

<u>Time:</u>		<u>Course #</u>
3:00 - 3:45 PM	- 4 & 5 years	4734
4:00 - 4:45 PM	- 5 & 6 years	4735
5:00 - 5:45 PM	- 6 - 8 years	4736

Location: Town Hall Room 119

Fee: Resident - \$150; Non-Res - \$180



Little Scientists is a "hands-on approach" to learning about the world of science. **Boys and girls** ages 4 through 8 will discover environmental & technological wonders. Little Scientists' teachers follow a curriculum with a range of topics including *Digging for Fossils*, *What Makes a Ball Bounce*, and *The Wonders of the Ocean*. Topics will vary w/each session.

## LEGO GREEN ENGINEERING

Day: Wednesday (4 weeks)  
May 2 - 23

<u>Time:</u>		<u>Course #</u>
4:00 - 5:30 PM		4829
	Ages 7 - 11	

Location: Town Hall Room 119

Fee: Resident - \$120; Non-Res - \$144



This program examines how smart engineering design combined with the use of renewable energy sources such as solar power can address some of the environmental issues of the day. Lego building projects such as turbine windmill, solar car and more will bring these science concepts to life!

# SUMMER YOUTH PROGRAMS

## GUITAR LESSONS

Day: Wednesday (6 weeks)  
June 20 - August 1 (no class July 4)

<u>Time:</u>		<u>Course #</u>
4:45 - 5:45 PM	- Beginners	4741
5:45 - 6:45 PM	- Intermediate	4742
	Ages 8 - 15	

Location: Town Hall Room 119

Fee: Resident - \$165; Non-Res - \$198

Want to be the next American idol? Learn chords, scales, theory and, best of all, learn to play your favorite songs!!! Classes will focus on providing a high level of instruction in a fun, cooperative atmosphere. Program is for students who have an interest in the guitar and music in general.



Guitars will be provided for all students to use during their lessons. Rentals are also available.

For more info contact Shane O'Reilly at 203-500-5916 or at shaneguitartennis@yahoo.com.

## PEE WEE SUMMER TENNIS

Day: Saturday, Tuesday or Wednesday (8 weeks)  
June 23 - August 22 (no class July 4)

<u>Times:</u>			<u>Course #</u>
Saturday	11:30 AM- 12:15 PM	Ages 3 & 4	4648
Saturday	12:15 - 1:00 PM	Ages 4 & 5	4649
Tuesday	12:00 - 12:45 PM	Ages 3 & 4	4651
Tuesday	12:45 - 1:30 PM	Ages 4 & 5	4652
Wednesday	12:00 - 12:45 PM	Ages 4 & 5	4653
Wednesday	12:45 - 1:30 PM	Ages 3 & 4	4655

Locations: Saturday - Weed Beach  
Tuesday & Wednesday - Darien High School

Fee: Resident - \$125; Non-Res - \$150

Classes will utilize fun drills, coordination exercises, and age appropriate games to enhance student's understanding and aptitude for tennis. More advanced players will focus on stroke refinement, movement, court sense and match play. Program fee includes tennis racquet.





# SWIM LESSONS

## SWIM LESSONS

**Dates:** Session I - Monday - Thursday (3 weeks)  
June 25 - July 12 (does meet July 4)

<u>Time:</u>		<u>Course #</u>
9:00-9:30 AM	Stroke Improvement (max 8)	4789
9:30-10:00 AM	Stroke Development (max 8)	4790
10:00-10:30 AM	Fundamental Skills (max 5)	4791
10:30-11:00 AM	Fundamental Skills (max 5)	4792
11:00-11:30 AM	Intro. To Water Skills (max 5)	4793
11:30-12:00 PM	Intro. To Water Skills (max 5)	4794
12:00-12:30 PM	Fundamental Skills (max 5)	4795
12:30-1:00 PM	Intro. To Water Skills (max 5)	4796

**Dates:** Session II - Monday - Thursday (3 weeks)  
July 16 - August 2

<u>Time:</u>		<u>Course #</u>
9:00-9:30 AM	Stroke Improvement (max 8)	4797
9:30-10:00 AM	Stroke Development (max 8)	4798
10:00-10:30 AM	Fundamental Skills (max 5)	4799
10:30-11:00 AM	Fundamental Skills (max 5)	4800
11:00-11:30 AM	Intro. To Water Skills (max 5)	4801
11:30-12:00 PM	Intro. To Water Skills (max 5)	4802
12:00-12:30 PM	Fundamental Skills (max 5)	4803
12:30-1:00 PM	Intro. To Water Skills (max 5)	4804

**Location:** Weed Beach

**Instructor:** Certified Water  
Safety Instructor

**Fee:** \$45 (Residents Only)



Lessons are offered to boys and girls of all swimming abilities, including toddlers (age 3 and up). Classes are intended to serve as an introduction to Long Island Sound and will include games and activities (both in the water and on land). Parents are asked to stay at the beach during their child's lesson. Please be advised that due to the tide, some lessons will be held on land.

## SWIM LEVEL DESCRIPTIONS

**Level I (Introduction to Water Skills)** - Purpose is to begin developing positive attitudes, good swimming habits and safe practices in and around the water. Certification requirements include (but not limited to):

- enter water unassisted, move 5 yards
- bob 3 times
- safely exit the water (participant can walk or swim).

**Level II (Fundamental Aquatic Skills)** - Purpose is to give participants success with fundamental skills, including learning how to float without support and to recover to a vertical position. Certification requirements include:

- Step into chest-deep water, move into a front float for 5 seconds, roll to back, float for 5 seconds

**Level III (Stroke Development)** - Purpose is to build on the skills in Level II by providing additional guided practice in deeper water. Certification requirements include:

- Jump into deep water, swim front crawl for 15 yards, maintain position by treading/floating for 30 seconds and swim elementary backstroke for 15 yards

**Level IV (Stroke Improvement)** - Purpose is to develop participants' confidence in the strokes learned in Level III and to improve other aquatic skills. Cert. requirements include:

- Swim breaststroke for 15 yards, change direction and position as necessary and swim back crawl for 15 yards

# SUMMER YOUTH CAMPS

## FLAG FOOTBALL CAMP

<u>Dates:</u>		<u>Course #</u>
Monday - Friday		
June 18 - 22		4805
August 6 - 10		4806

**Time:** 9:00 AM - Noon  
Ages 6 - 12

**Locations:** June - Cherry Lawn Park  
August - Town Hall Holahan Field

**Fee:** Resident - \$205; Non-Res - \$246



This camp offered by Overtime Athletics is geared towards beginner football players. Emphasis is placed on rules, teamwork, and fair PLAY. Games and scrimmages occupy the majority of the camp day.

## FUTURE STARS BASKETBALL ACADEMY

<u>Dates:</u>		<u>Course #</u>
Monday - Friday		
June 18 - 22		4722
Ages 5 - 12		

**Time:** 9:00 AM - Noon

**Location:** Town Hall Gymnasium

**Fee:** Resident - \$180; Non-Res - \$216



Future Stars Basketball Academy returns to Darien to offer this one-week session of basketball. Participants will improve through experienced instruction and competition that stresses excellence, education, practice, and discipline...all in a fun-filled environment. Participants will receive a Junior NBA/Junior WNBA jersey and other fun things!

# SUMMER YOUTH CAMPS

## BLUE WAVE KICKERS SOCCER CAMP

<u>Dates:</u>	Monday - Thursday	<u>Course #</u>
June 18 - 21	9:15 - 10:15 AM Ages 3 - 5	4693
June 18 - 21	10:30 - 11:30 AM Ages 3 - 5	4694
June 18 - 21	9:00 AM - Noon Ages 5 - 18	4695

International Pro Soccer Camp for children ages 5 - 18. Campers will be split into age groups. Camp will be led by current and former international professional players and coaches. This camp will allow players from 5 - 18 yrs old to sharpen their game with this unique and special approach. It is designed to help players achieve a higher level of technical proficiency and ball-handling creativity. The camp's goal is to move every player from their current skill level up to the next level of competitive soccer. Space is LIMITED!!!

Fee: Resident - \$80; Non-Res - \$96 - 1-hour camp  
Resident - \$180; Non-Res - \$216 - 3-hour camp

			<u>Course #</u>
June 25 - 28	9:15 - 10:15 AM	Ages 3 - 5	4696
June 25 - 28	10:30 - 11:30 AM	Ages 3 - 5	4697
June 25 - 28	9:00 AM - Noon	Ages 5 - 12	4698
July 9 - 12	9:15 - 10:15 AM	Ages 3 - 5	4699
July 9 - 12	10:30 - 11:30 AM	Ages 3 - 5	4700
July 9 - 12	9:00 AM - Noon	Ages 5 - 12	4701
July 16 - 19	9:15 - 10:15 AM	Ages 3 - 5	4702
July 16 - 19	10:30 - 11:30 AM	Ages 3 - 5	4703
July 16 - 19	9:00 AM - Noon	Ages 5 - 12	4704

<u>Dates:</u>	Monday - Friday	<u>Course #</u>
July 30 - Aug. 3	9:15 - 10:15 AM	Ages 3 - 5 4705
July 30 - Aug. 3	10:30 - 11:30 AM	Ages 3 - 5 4706
July 30 - Aug. 3	9:00 AM - Noon	Ages 5 - 12 4707

August 20 - 24	9:15 - 10:15 AM	Ages 3 - 5	4708
August 20 - 24	10:30 - 11:30 AM	Ages 3 - 5	4711
August 20 - 24	9:00 AM - Noon	Ages 5 - 12	4712

Location: Town Hall Fields



Fee: Resident - \$80; Non-Res - \$96 - 4-day, 1-hour camp  
Resident - \$180; Non-Res - \$216 - 4-day, 3-hour camp  
Resident - \$100; Non-Res - \$120 - 5-day, 1-hour camp  
Resident - \$230; Non-Res - \$276 - 5-day, 3-hr. camp

Jon Bradley, head coach of the DHS boys varsity soccer team, will direct these camps. Focus will be on skill improvement and FUN! All players receive a t-shirt and soccer ball.  
\* Please note - In case of rain, 4-day camps will be made-up on Friday and 5-day camps will be held in the Town Hall gym.

## ALL STAR FC SOCCER CAMP

<u>Dates:</u>	Monday - Thursday	<u>Course #</u>
July 23 - 26	9:15 - 10:15 AM	Ages 3 - 5 4713
July 23 - 26	10:30 - 11:30 AM	Ages 3 - 5 4714
July 23 - 26	9:00 AM - Noon	Ages 5 - 12 4715

<u>Dates:</u>	Monday - Friday	<u>Course #</u>
August 6 - 10	9:15 - 10:15 AM	Ages 3 - 5 4716
August 6 - 10	10:30 - 11:30 AM	Ages 3 - 5 4717
August 6 - 10	9:00 AM - Noon	Ages 5 - 12 4718

Location: Town Hall Fields



Fee: Resident - \$80; Non-Res - \$96 - July, 1-hour camp  
Resident - \$180; Non-Res - \$216 - July, 3-hour camp  
Resident - \$100; Non-Res - \$120 - Aug., 1-hour camp  
Resident - \$230; Non-Res - \$276 - Aug., 3-hr. camp

All Star FC Camps will be directed by Leigh Parsons, DHS girls varsity head coach. These camps will begin with stations specifically designed to improve all aspects of a soccer player's game and end with scrimmages to practice the skills and techniques they have learned. The All Star FC coaches are all very experienced in running great soccer camps with a strong focus on everyone having a great time!

## NEW LEVEL TENNIS CAMP

<u>Dates:</u>	<u>Course #</u>	<u>Course #</u>
June 18 - 22	4631	June 25 - 29 4640
July 2 - 6*	4641	July 9 - 13 4642
July 16 - 20	4643	July 23 - 27 4644
July 30 - Aug. 3	4645	Aug. 6 - 10 4646
Aug. 13 - 17	4647	

Time: 9:00 AM - Noon

Location: Darien High School



Fee: Resident - \$195/week; Non-Res - \$234/week  
\*Resident - \$156/week; Non-Res - \$187/week  
(Does not meet July 4)

Summer Tennis Camps are a great opportunity for participants (ages 6-15) to learn the game of tennis plus have a great time doing it. Each camper will receive comprehensive instruction and camp t-shirt. The camp offers fun drills, coordination exercises, and age appropriate games to enhance the student's understanding of the game.

# SUMMER YOUTH CAMPS

## OVERTIME ATHLETICS SPORTS CAMP

<u>Dates:</u>	Monday - Friday	<u>Course #</u>
	June 25 - 29	4807
	August 13 - 17	4808
	August 20 - 24	4809

Time: 9:00 AM - Noon  
Ages 5 - 12

Locations: June - Cherry Lawn Park  
August - Town Hall Holahan Field  
(back of Town Hall)

Fee: Resident - \$165; Non-Res - \$198

This variety sports camp for children ages 5 - 12 includes instruction in the fundamentals of traditional sports as well as utilizing Overtime Athletics signature curriculum incorporating non-traditional sports. Focus will be on fun & fitness. Participants should bring snacks with them. These camps are designed to maximize fun, while still achieving skills such as hand-eye coordination, teamwork, sportsmanship, & listening.



## FUTURE STARS CHEERLEADING CAMP

<u>Dates:</u>	Monday - Friday	<u>Course #</u>
	August 6 - 10	4723

Time: 9:00 AM - Noon

Location: Town Hall Small Gym & Fields

Fee: Resident - \$160; Non-Res - \$192

Camp's mission is to initiate a positive & fundamental base for girls (ages 6-10) interested in cheerleading. While teaching the fundamentals of cheerleading, Future Stars will introduce their "Lessons of Life" educational program as featured in the New York Times and USA Today. Each participant will be provided a Future Stars cheerleading t-shirt.



## FUTURE STARS BASEBALL/SOFTBALL CAMP

<u>Dates:</u>	Monday - Friday	<u>Course #</u>
	August 6 - 10	4720

Time: 9:00 AM - Noon  
Ages 5 - 12

Location: Town Hall Fields

Fee: Resident - \$175; Non-Res - \$210

Future Stars will provide each camper with top baseball instruction from past and present professional baseball players. Also included in this camp are the educational "Lessons of Life" program and a Future Stars baseball shirt and cap.



## HORSEMANSHIP CAMP

<u>Dates:</u>	Ages 7 & up	Ages 4 - 6
	<u>Course #</u>	<u>Course #</u>
June 18 - 22	4775	4776
June 25 - 29	4777	4778
July 9 - 13	4779	4780
July 16 - 20	4781	4782
July 23 - 27	4783	4784
July 30 - August 3	4785	4786
August 6 - 10	4787	4788

Time: 8:00 AM - Noon - Ages 7 & up  
1:00 - 4:00 PM - Ages 4 - 6

Location: Mead Farm (107 June Road, Stamford)

Fee: Resident - \$550; Non-Res - \$660 - Ages 7 & up  
Resident - \$475; Non-Res - \$570 - Ages 4 - 6



Each camp includes riding, horse care, and stable management. Requirements include a signed waiver, long pants & boots with heels. Mead Farm can supply riding helmets or participants may bring their own. Please pack a healthy snack & drink in a paper bag and label with name each day of camp. This program is designed for riders who did not attend the 2011 Horsemanship Camps at Mead Farm. Every participant must have a waiver packet on file before the 1st day of camp. These will be emailed to parents after registration is processed.

## TECHSTARS CAMPS

<u>Dates:</u>	Monday - Thursday	<u>Course #</u>
	August 6 - 9	
Junior Robotics	9:15 AM - 12:15 PM	Ages 8 - 12 4751
Flights & Rockets	1:00 - 4:00 PM	Ages 5 - 8 4752

	August 13 - 16	
Fungineering	9:15 AM - 12:15 PM	Ages 5 - 8 4753
Claymation Moviemaker	1:00 - 4:00 PM	Ages 8 - 12 4754

Location: Town Hall Room 119

Fee: Resident - \$225; Non-Res - \$270

TechStars by Computer Explorers are a series of technology classes designed to facilitate STEM (Science, Technology, Engineering, Mathematics) learning. The educational materials or equipment that is used in the curriculum came from various sources like Lego Education, MIT Media Lab who emphasize STEM education and 21st Century Skills. But most importantly, our classes provide a hands-on educational setting to make learning FUN!





# ADULT PROGRAMS

## ADULT TENNIS LESSONS - SPRING

**Days:** Monday, Tuesday, Wednesday  
Thursday, Friday, or Saturday (8 weeks)  
March 31 - June 11  
(no class Apr. 6 - 9; 16 - 21; May 26 & 28)

<u>Time:</u>			<u>Course #</u>
Saturday	9:00 - 10:30 AM	Beginner	4627
Saturday	9:00 - 10:30 AM	Intermediate	4628
Saturday	10:30 AM - Noon	Low Inter.	4629
Saturday	10:30 AM - Noon	Advanced	4630
Monday	9:15 - 10:45 AM	Intermediate	4581
Monday	9:15 - 10:45 AM	Advanced	4595
Monday	10:45 AM - 12:15 PM	Low Inter.	4596
Monday	10:45 AM - 12:15 PM	Intermediate	4597
Tuesday	9:15 - 10:45 AM	Beginner	4608
Tuesday	9:15 - 10:45 AM	Advanced	4609
Tuesday	10:45 AM - 12:15 PM	Intermediate	4610
Tuesday	10:45 AM - 12:15 PM	Low Inter.	4611
Tuesday	6:45 - 7:45 PM	Beginner	4612
Wednesday	9:15 - 10:45 AM	Intermediate	4613
Wednesday	9:15 - 10:45 AM	Low Inter.	4614
Wednesday	10:45 AM - 12:15 PM	Advanced	4615
Wednesday	10:45 AM - 12:15 PM	Low Inter.	4616
Wednesday	6:45 - 7:45 PM	Intermediate	4617
Thursday	9:15 - 10:45 AM	Advanced	4618
Thursday	9:15 - 10:45 AM	Intermediate	4619
Thursday	10:45 AM - 12:15 PM	Advanced	4620
Thursday	10:45 AM - 12:15 PM	Low Inter.	4621
Thursday	6:45 - 7:45 PM	Low Inter.	4622
Friday	9:15 - 10:45 AM	Advanced	4623
Friday	9:15 - 10:45 AM	Low Inter.	4624
Friday	10:45 AM - 12:15 PM	Intermediate	4625
Friday	10:45 AM - 12:15 PM	Beginner	4626

**Location:** Cherry Lawn Park

**Fee:** Residents - \$250; Non-Res - \$300 - mornings  
Residents - \$170; Non-Res - \$204 - evenings

This program is now being run by Frank Russo and New Level Tennis. At New Level Sports, programs are led by a team of professionals who are chosen to raise levels of skill development and provide individuals with lessons that will increase both their knowledge and levels of enjoyment in the game of tennis.

## ADULT TENNIS LESSONS - SUMMER

**Days:** Monday, Tuesday, Wednesday  
Thursday, or Saturday (8 weeks)  
June 23 - August 22  
(no class July 4)

<u>Time:</u>			<u>Course #</u>
Saturday	8:30 - 10:00 AM	Low Inter.	4656
Saturday	8:30 - 10:00 AM	Advanced	4660
Saturday	10:00 - 11:30 AM	Beginner	4657
Saturday	10:00 - 11:30 AM	Intermediate	4662
Monday	9:15 - 10:45 AM	Low Inter.	4671
Monday	10:45 AM - 12:15 PM	Intermediate	4669
Monday	6:30 - 7:45 PM	Intermediate	4658
Tuesday	9:15 - 10:45 AM	Low Inter.	4664
Tuesday	10:45 AM - 12:15 PM	Intermediate	4665
Tuesday	6:30 - 7:45 PM	Beginner	4659
Wednesday	9:15 - 10:45 AM	Intermediate	4666
Wednesday	10:45 AM - 12:15 PM	Advanced	4667
Wednesday	6:30 - 7:45 PM	Low Inter.	4661
Thursday	9:15 - 10:45 AM	Advanced	4668
Thursday	10:45 AM - 12:15 PM	Intermediate	4670
Thursday	6:30 - 7:45 PM	Advanced	4663

**Location:** Weed Beach

**Fee:** Residents - \$250; Non-Res - \$300 - mornings  
Residents - \$210; Non-Res - \$252 - evenings

This program is now being run by Frank Russo and New Level Tennis. At New Level Sports, programs are led by a team of professionals who are chosen to raise levels of skill development and provide individuals with lessons that will increase both their knowledge and levels of enjoyment in the game of tennis.



# ADULT PROGRAMS

## ZUMBA W/FLAIR FITNESS

Days: Monday or Thursday (10 weeks)  
March 26 - June 11  
(no class April 16 & 19; May 28)

<u>Times:</u>		<u>Course #</u>
Monday	9:30 - 10:30 AM	4814
Thursday	9:30 - 10:30 AM	4815
Monday & Thursday	9:30 - 10:30 AM	4516

Location: Town Hall Gymnasium

Fee: 1-day: Resident - \$125; Non-Res - \$150  
Mon & Th: Resident - \$230; Non-Res - \$276

These classes are provided by Flair Fitness Studio.  
Ditch the Workout, Join the Party! Zumba® fuses hypnotic Latin rhythms with easy to follow moves to create a dynamic fitness program. Achieve long-term health benefits while experiencing an exhilarating hour of calorie-burning, body-energizing, awe-inspiring movements.

Join Zumba® Licensed Instructor Eddie Calle and party your way to Good Health!

Please wear workout attire, sneakers and bring a water bottle. Contact Flair Fitness at 203-202-9200 for more info.

## CO-ED DROP IN VOLLEYBALL

Day: Monday  
ongoing - August 27  
(does not meet May 28)

Time: 8:00 - 10:00 PM

Location: Town Hall Gymnasium

Course #  
4501

Fee: Resident - \$30; Non-Res - \$50

This informal volleyball program is for participants to bump, set and spike in a friendly, non-competitive atmosphere.



## BOOT CAMP & FITNESS W/NICHOLE ARNO

Day: Varies

Spring - April 23 - June 8 - Beach class meets at Pear Tree  
Summer - June 18 - August 3 - Beach class meets at Weed

<u>Boot Camp</u>		
M/W/F	5:45 - 6:45 AM	Beach/DHS
M/W/F	9:30 - 10:30 AM	Beach/Town Hall
Tuesday/Thur.	8:30 - 9:30 AM	Beach/Town Hall
Tuesday/Thur.	3:00 - 4:00 PM	Beach/DHS
Monday/Wed.	7:00 - 8:00 PM	Beach/DHS

<u>Ab Core Class</u>		
Tuesday/Thur.	9:30 - 10:30 AM	Beach/Town Hall

<u>Running Class</u>		
Tuesday	10:30 AM	Beach/Town Hall
Thursday	10:30 AM (Spring)	Beach/Town Hall
Monday	8:30 AM (Summer)	Beach/Town Hall

<u>Spring Fees:</u>	<u>Reg. by 4/20</u>	<u>After 4/20</u>
	Res/Non-Res	Res/Non-Res
Boot/Ab. 1 day/wk	\$95/\$114	\$125/\$150
Boot/Ab. 2 days/wk	\$185/\$222	\$235/\$282
Running Class	\$63/\$76	\$90/\$108

<u>Summer Fees:</u>	<u>Reg. by 6/15</u>	<u>After 6/15</u>
	Res/Non-Res	Res/Non-Res
Boot/Ab. 1 day/wk	\$95/\$114	\$125/\$150
Boot/Ab. 2 days/wk	\$185/\$222	\$235/\$282
Running Class	\$63/\$76	\$90/\$108

You have the option of registering for boot camp/ab class one or two days per week and can choose whatever days & times from the above schedule. Please indicate your choice of day & time at registration. Please email Nicole at nicholearno@gmail.com or call her at 860-729-2038 for more information.

## ADULT DROP IN BASKETBALL

Day: Tuesday  
ongoing - August 28

Time: 7:30 - 9:30 PM

Location: Town Hall Gymnasium

Course #  
4499

Fee: Resident - \$30; Non-Res - \$50



This program is an informal drop-in. All participants must register in the office before playing.

# ADULT PROGRAMS

## GOLF LESSONS & SHORT GAME CLINICS

<u>Day:</u>	Tuesday (8 weeks) March 27 - May 22 (no class April 17)	
<u>Time:</u>		<u>Course #</u>
10:00 - 11:00 AM	Women's Short Game Clinics	4724
11:00 AM - Noon	Men's Short Game	4725
6:15 - 7:15 PM	Adult Golf Lessons	4726
<u>Location:</u>	Morning Clinics - Town Hall Front Fields Evening Lessons - Town Hall Gymnasium	
<u>Fee:</u>	Resident - \$200; Non-Res - \$240	

Women's Short Game Clinics - Class will accommodate new and advanced female golfers. Will focus on improving chipping, pitching and putting skills.

Men's Short Game Clinics - Come work on your short game skills. For new and experienced golfers. Will include tips to help lower your scores this season.

Adult Evening Lessons - Focus will be on improving all aspects of your game - swing, chipping, putting. For both beginner & advanced players.

## SAFE BOATING CLASSES

<u>Days:</u>	Tuesday & Thursday	<u>Course #</u>
I: March 27 & 29		4810
II: April 24 & 26		4811
III: June 5 & 7		4812
IV: July 10 & 12		4813
<u>Time:</u>	6:00 to 10:15 PM	
<u>Location:</u>	Town Hall Room 119	
<u>Fee:</u>	Resident - \$115; Non-Res - \$138	



CT Safe Boating comes to Darien Parks & Recreation to offer this 8.5-hour course that will meet the requirements to obtain a Connecticut Safe Boating and Personal Watercraft Operations Certificate. Students must attend both dates and all hours to be considered for certification. Students must bring a pen and notebook for class work. Course will include exams. Children are also welcome to register but must read at a 5th grade proficiency level.

## GUITAR LESSONS

<u>Day:</u>	Wednesday (8 weeks) March 28 - May 23 (no class April 18)	<u>Course #</u> 4740
<u>Time:</u>	7:00 - 8:00 PM	
<u>Location:</u>	Town Hall Small Gymnasium	
<u>Fee:</u>	Resident - \$220; Non-Res - \$264	



Learn chords, scales, theory and best of all - learn to play your favorite songs!!! One-hour classes will focus on providing a high level of instruction in a fun, cooperative atmosphere. Program is for adults who have an interest in the guitar and music in general.

Guitars will be provided for all students to use during their lessons. Rentals are also available - please see instructor at the 1st class for more information.

## DOG OBEDIENCE & SOCIALIZATION

<u>Day:</u>	Saturday (6 weeks) April 28 - June 16 (no class May 5 & 26)	<u>Course #</u> 4819
<u>Time:</u>	1:30 - 2:30 PM	
<u>Location:</u>	Tilley Pond Park	
<u>Fee:</u>	Resident - \$150; Non-Res - \$180	



This course will focus on attention, some limited heeling, and sits/downs. Class will be fun and motivational with games and attention work to build a solid relationship with your dog. These classes are designed to be an introduction to obedience and socialization. Classes will be run by Rick Weatherstone from Tactical Response LLC. Rick is an AKC Certified Evaluator, K9 Trainer, Patrol Dog Handler and is a member of many national dog obedience/training associations.

All dogs must be at least 6 months old and MUST have all their vaccinations!

# DARIEN SENIOR ACTIVITIES CENTER

The next few pages feature some of the wonderful senior opportunities in Darien. Please also visit the Darien Senior Activities Center online at [www.darienct/parkrec](http://www.darienct/parkrec) and click on "Darien Senior Center". Here you can view a copy of the monthly newsletter and notices.

**Please Note:** The registration form on page 18 of this brochure is for Parks & Recreation programs only!



# DARIEN SENIOR ACTIVITIES CENTER

## MISSION STATEMENT

The mission of the Darien Senior Activities Center is to nurture the physical, intellectual and social well-being of the senior community aged 55 or better by providing a comprehensive and coordinated system of services that enhance individual lives, promote well being, dignity and independence throughout the aging process and keep members connected and integrated into the community by collaborating with other agencies and organizations who provide support programs and social services to seniors, thereby enhancing the independence and wholesome lifestyle for seniors in Darien.

**Coordinator:** Beth Paris, Gerontologist; [eparis@darienct.gov](mailto:eparis@darienct.gov)  
**Program Specialist:** Marcy Rand, MSW; [mrاند@dariennct.gov](mailto:mrاند@dariennct.gov)  
**Office Manager:** Anne DiCeglie; [adiceglie@darienct.gov](mailto:adiceglie@darienct.gov)  
**Master Chef:** Tom Mirto  
**Building Attendant:** TBA

**General Phone:** 203-656-7455

**Days:** Monday through Friday

**Hours of Operation:** 9:00-3:00

(No Classes: April 6th, May 28th, and July 4th)

**Registration for the following programs takes place at the Darien Senior Activities Center!**

## EXERCISE PROGRAMS

Monday	10:00 Low Impact Aerobics with Weights 11:00 Ballet 12:30 Zumba Gold
Tuesday	10:00 Sittercise 11:00 Tai Chi 11:00 Wii Bowling
Wednesday	10:00 Yoga 1:00 Ping Pong/Pool/Foosball
Thursday	9:00 Pilates 11:15 Jazzercise 1:00 Senior Fitness 12:30 Pool/Foosball
Friday	9:30 Stretch, Tone, Balance 11:00 Ballet 12:30 Pool/Foosball



\*Most fee classes charge \$4.00 - \$5.00 drop in basis

## LANGUAGES

Tuesday	1:00 Italian Conversation 12:30 French Literature - (1st Tuesday of month)
Friday	11:00 Intermediate Spanish French class day and time to be announced.

## ARTS & CRAFTS

Monday	9:30 Stained Glass 9:30 Quilting 9:30 Woodshop
Tuesday	9:30 Knitting and Needlepoint 9:30 Woodshop
Wednesday	9:30 Holiday Crafts 9:30 Watercolor Painting
Thursday	10:00 Acrylic Painting
Friday	9:00 Sketching 10:00 Stone Carving 10:00 Oil Painting 12:30 Jewelry Making



## DISCUSSION GROUPS & CLASSES

Monday	11:00 Discussion Group
Tuesday	10:00 Writing Class 12:30 Movie Review
Wednesday	10:30 Computer Class 12:30 Coupon Cuties 12:30 "Let's Talk"
Thursday	12:30 Computer Q&A 1:00 Short Story Discussion
Friday	12:30 Current Events 12:30 "Let's Reminisce"

## GAMES

Monday	9:30 Mahjong 1:30 Bingo Swap
Thursday	12:30 Mahjong
Friday	10:00 Beginner Bridge 12:30 Intermediate Bridge

Pinochle and Kings in the Corner are played daily in the morning and in the afternoon. We are looking for Gin Rummy players so if you are interested please call the Senior Center at 656-7455.

## DARIEN GARDEN CLUB

A group of dedicated volunteers from the Garden Club lead a flower arranging class each month called "*Pleasure Through Plants Program*." They graciously provide all the flowers and the containers to highlight occasions or special holidays themes that month. They also offer instructions on making arrangements as well as valuable information on the flowers used at each class. The program runs from October - May.

# DARIEN SENIOR ACTIVITIES CENTER

## DAILY LUNCH

Full dinner is offered daily at 12:00 sharp. The menu is varied, delicious and a wonderful value at \$4.00. The meal is prepared by a Master Chef and is nutritionally balanced. Call in by 11:15 for reservations 203 656-7448 or 656-7455.

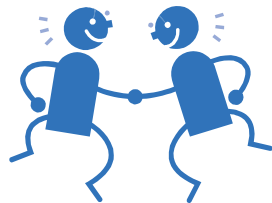


## WOODSHOP REPAIR PROGRAM

This program is run by several volunteers with various woodworking backgrounds from hobbyists to carpenters. Provides a wonderful light repair service: readjusting table and chair legs, changing hinges on trunks, chests, and cabinets, re-gluing items, replacing mirrors and more... Drop off furniture Monday and Tuesdays between 9:30-11:30. A suggested donation will be requested to support this program and others at the Center. Call 656-7455 for more information.

## VOLUNTEER OPPORTUNITIES

Front Desk Greeter/Lunch Reservations  
Office Assistants  
Lunch Host/Hostesses  
Instructors/Group Leaders  
Gift Shop Managers  
Event Planners  
Entertainers  
Computer Assistants  
Woodshop Repair Workers  
De-Cluttering Squad  
Crafters



## BLOOD PRESSURE

Blood Pressures are checked the first Monday of every month from 10:00- 11:30. Check calendar for exact date.

## MONTHLY NEWSLETTER

Monthly Newsletter is available at the Senior Center and Town Hall in Parks & Recreation Office and the Resource Table outside of the Social Services Office. It is also online at [www.darienct.gov](http://www.darienct.gov) click on Parks & Recreation then click on Senior Center on far left of the page.

## AARP

**AARP Chapter 972** meets at the Center the 1<sup>st</sup> Friday of every Month from September through May at 1:15 pm. Pertinent information is given out regarding AARP as an organization and updates regarding federal programs that impact older adults. A local speaker or entertainment is also part of each monthly meeting. Membership for the year is \$12.00. Call Ron Heinbaugh at 203-655-0538 for more information.

**AARP DRIVING COURSE** will be offered twice, April 11th and June 13th. The course is now only one day from 10:00 - 2:30 (lunch break 12:00 - 12:30). The Facilitator is Marge Nielson. Please sign up for either date by calling the Senior Center or Volunteer Helen Reis at 203-327-6286.

## LIFETIME LEARNERS

Starting Mid-March through Mid-May **Life Time Learners Institute at Norwalk Community College** will offer courses at the Darien Senior Center in Acrylic Painting and the Ancient Art of Stone Carving. Each Spring and Fall, LLI offers approximately 40 courses, as well as the Brown Bag Lunch and Learn lecture series. There is also a 5 week Winter Session.

For more information or to receive a printed catalog please call 203-857-3330 and leave a message or email [info@lifetimelearners.org](mailto:info@lifetimelearners.org).

## CAREGIVER EDUCATIONAL SUPPORT

The Caregiver Educational Support Group meets the 3rd Tuesday of every month from 1:00-2:30. If you provide care to a family member or friend with multiple needs, especially related to cognitive impairments such as Alzheimer type dementia, this group could be beneficial. A different topic is presented each month. For more information call Beth Paris at 203-656-7455.

## MEMBERSHIP

To become a member please fill out a registration card the next time you're at the Center. Membership is free and open to those 55 yrs of age and above. For more information call 203-656-7455.

# DARIEN SENIOR ACTIVITIES CENTER

## HIGHLIGHTS FOR THE MONTHS AHEAD

**April 3<sup>rd</sup>** the Center will host a Program coordinated by AIP + Gallivant entitled Home and Safety. This informative seminar will review how to keep you safe, healthy and functioning at home into your later years. There will be presentations about changes in your physical needs as you age; what you might require to keep you safe; and choices in adaptable and affordable supports and equipment that can be installed for prevention of falls to keep your home accessible as these needs might change. Complimentary lunch provided sign up required 656-7455.

**April 4<sup>th</sup>** at 11:00 a new five-week series begins: "**Money Conversations for Women**" with Rosemary Williams. She will discuss planning, budgeting and investment issues that relate to women's needs and concerns as they age. This workshop is an opportunity to explore the role money plays in your life and how your feelings affect your financial decisions. Through interactive exercises, discussion and journaling, you will learn how to integrate and align your financial life with your core values. Rosemary Williams is the Director of Women's Perspective in Fairfield CT, and the author of "A Woman's Book of Money and Spirituality."

**May 6<sup>th</sup> & 7<sup>th</sup>** the Senior Center **Art Show** will be held. This features Senior Artists from all three of our Art Classes held weekly at the Center. The cumulative talent of this group is truly amazing. Some of our artist never painted before their retirement years while others have been painting and exhibiting for many years. This event is truly a joy to behold. Sunday: 10:00-3:00 Monday: 9:00-3:00.

**May 7<sup>th</sup>** at 12:30 the **Park Street Singers** are back by popular demand to lift your spirits and voices in song! You also won't want to miss our **Kick Off to Summer Beach Party** on **May 31<sup>st</sup>**. At 12:00 **Master Chef Tom Mirto** will wow us with summertime culinary delights (cost \$4.00) followed by entertainer extraordinaire **Bob Gianotti** who will get us "In the Mood" for this fun filled season.

**June 11<sup>th</sup>** **Marcy and Beth's Bingo Extravaganza** at 12:30. Did you know Bingo is actually good for your short term memory? Scanning for the numbers, coordinating and covering chips actually contributes to sustaining your cognitive function and let's face it -IT'S JUST PLAIN FUN. If you are up for an afternoon of a stimulating mind game where you can win some lovely prizes and have a few laughs this is the place!!!

Fireworks aren't the only way to celebrate **Independence Day**. On **July 5<sup>th</sup>** at 12:00 we will have a wonderful picnic lunch followed by our traditional make your own ice cream delight (Cost \$4.00) Entertainment will be by the **Sophistications**.

## SAVE THE DATE: APRIL

April 3 Aging In Place: Home and Safety 11:00  
April 3 Art Gottlieb, MSW Historical Series 12:30  
April 4 Darien Garden Club Flower Arranging 10:00  
April 4 "Money Conversations for Women" Series with Rosemary Williams 11:00  
April 11 AARP Driving Course 10:00-2:30  
April 12 Volunteer Thank You Party 12:00  
April 12 Patsy Shore Duet 12:30  
April 16 National Healthcare Decision Day: "Plan for No Regrets" 12:30

## SAVE THE DATE: MAY

May 1 Art Gottlieb, MSW Historical Series 12:30  
May 2 Darien Garden Club flower arranging 10:00  
May 6 Darien Senior Center Art Show 10:00-3:00  
May 7 Darien Senior Center Art Show 9:00-3:00  
May 7 Park Street Singers Entertainment 12:30  
May 8 Hope Street Pharmacy 12:30  
May 31 Kick off to Summer Beach Party with Entertainment by Bob Gianotti 12:00

## SAVE THE DATE: JUNE

June 5 Art Gottlieb, MSW Historical Series 12:30  
June 11 Bingo Extravaganza 12:30  
June 13 AARP Driving Course 10:00-2:30

## SAVE THE DATE: JULY

July 2 Hope Street Pharmacy 12:30  
July 3 Art Gottlieb, MSW Historical Series 12:30  
July 5 Fourth of July Celebration with Jane Marino and the Sophistication Duo 12:00

## SAVE THE DATE: AUGUST

**\*\* There are many more programs in the works that we were not able to include in this brochure. Please stop into the Center at the Beginning of each month to pick up a newsletter or go on the Town website [darienct.gov](http://darienct.gov) click on Parks and Recreation then Senior Center and of course call the Center for more details 203-656-7455.\*\***



# PARKS & RECREATION PROGRAM REGISTRATION FORM

(Please Print and Fill Out Completely)

Resident Registration begins  
Wednesday, March 7th

Please fill out the Registration Form completely. All pertinent information is needed to register. Forms that are not properly filled out will be returned. Mail in or Drop off the Registration Form with payment in full to the Darien Parks and Recreation Department. Checks should be made out to the *Town of Darien*.

Registration Forms and Payment mailed to:  
(Mailing in form does not guarantee enrollment)

Darien Parks and Recreation Department  
Town Hall, 2 Renshaw Road  
Darien, CT 06820

Parent Last \_\_\_\_\_ Parent First \_\_\_\_\_

Street # \_\_\_\_\_ Street Name \_\_\_\_\_ City \_\_\_\_\_

State \_\_\_\_\_ Zip \_\_\_\_\_ Home # \_\_\_\_\_ Cell # \_\_\_\_\_ Email \_\_\_\_\_

Participant Name	M/F	Birth Date	Age	Grade	Course #	Program Name (note spring/summer)	Time/Day	Fee
Total Fee							\$	

Emergency Contact \_\_\_\_\_ Relation \_\_\_\_\_ Phone \_\_\_\_\_  
(Someone other than the parent/guardian)

Allergies/Medications \_\_\_\_\_

Please advise us of any special needs of program participants: \_\_\_\_\_

Other Information/Comments \_\_\_\_\_

Waiver of Town Liability: I understand that injuries are inherent with recreational activity. In the event that an injury occurs to myself or family members, I agree to hold the Darien Park and Recreation Department, Darien Park and Recreation Commission, and any other person or contractor connected therewith the Town of Darien, harmless from all claims for personal injury, bodily injury and property damage arising from the use of Town facilities, participation in Town activity or use of Town equipment during the course of a Town of Darien sponsored activity.

Parent/Guardian Signature \_\_\_\_\_ Date \_\_\_\_\_

For Office Use Only

Total Fee \_\_\_\_\_ Check # \_\_\_\_\_ Cash \_\_\_\_\_ Visa \_\_\_\_\_ MC \_\_\_\_\_ Staff Initials \_\_\_\_\_ Date \_\_\_\_\_

## PARK & RECREATION COMMISSION

The mission of the Park and Recreation Commission is to nurture active and passive recreational activities within existing Town parklands; to maintain clean and attractive facilities; and to adjust and expand both the recreational programs and parklands to meet the recreational requirements of all residents in a cost effective manner. The Commission meets the third Wednesday of the month at 7:30 PM in Room 119 of Town Hall.

Jane Branigan, Chairperson  
Mary Flynn  
Susan Graham  
Andrew Hunter  
Erika Morris

Susan Daly  
Charles Goodyear  
Marianne Gutierrez  
Robert Marchesi

## DEPARTMENT STAFF

Susan Swiatek, CPRP  
Jim Coghlan, CPRP

Jeanne Foulds  
Joan Cavett  
Linda Hannett

James E. Flynn

Sandy Rich  
Edwin Acevedo  
Lucien Goulet  
Rick Scharmer  
Jack Whitehead

Director of Parks & Recreation  
Assistant Dir. of Parks & Recreation  
Office Administrator  
Program Secretary  
Program Secretary  
Supervisor of Parks Maintenance  
Turf Maintainer  
Parks Maintainer  
Parks Maintainer  
Parks Maintainer  
Parks Maintainer

# 2012 BEACH/BOAT PERMIT APPLICATION



### 2012 APPLICATION FOR BEACH/PARK & BOAT LAUNCHING PERMITS Park and Recreation Commission - TOWN OF DARIEN

#### OFFICE USE ONLY:

Last Name	First Name	Birthdate
PO Box	Street No.	Street Name
	Town/State	Zip
Home Phone	Business Phone	Home email

#### CAR #1

Name on Registration: \_\_\_\_\_

Year & Make of Vehicle: \_\_\_\_\_

License Plate Number: \_\_\_\_\_

#### CAR #2

Name on Registration: \_\_\_\_\_

Year & Make of Vehicle: \_\_\_\_\_

License Plate Number: \_\_\_\_\_

#### CAR #3

Name on Registration: \_\_\_\_\_

Year & Make of Vehicle: \_\_\_\_\_

License Plate Number: \_\_\_\_\_

Car Permit No. \_\_\_\_\_

Boat Permit No. \_\_\_\_\_

Senior \_\_\_\_\_ Cash \_\_\_\_\_

Check # \_\_\_\_\_

Visa \_\_\_\_\_ MC \_\_\_\_\_

Date: \_\_\_\_\_

Total Fee: \_\_\_\_\_

TYPE OF BOAT AND/OR  
REGISTRATION #

APPLICATION INSTRUCTIONS ON REVERSE

APPLICATION INSTRUCTIONS ON REVERSE

RESIDENTIAL CUSTOMER

## 2012 BEACH/BOAT PERMIT APPLICATION



**MAIL THIS APPLICATION TODAY AND RECEIVE YOUR STICKER THROUGH THE MAIL!!!**

Town of Darien

Parks & Recreation

Town Hall, 2 Renshaw Road

Darien, CT 06820

[www.darienct.gov/parkrec](http://www.darienct.gov/parkrec)

**BEACH/PARK & BOAT LAUNCHING PERMITS**

(READ INSTRUCTIONS CAREFULLY)

203-656-7325

In order to receive your 2012 Park Permit, you must MAIL or appear in person with the following information:  
(visit us online at [www.darienct.gov/parkrec](http://www.darienct.gov/parkrec) to purchase Park Permits online)

1. Completed application form (on reverse)
2. Check payable to TOWN OF DARIEN (Visa/MasterCard also accepted in Parks and Recreation office)
3. Proof of current residency (DMV registration for each vehicle)
4. Self-addressed, stamped envelope (if mailed)

**PROOF OF RESIDENCY** is required in form of current Darien motor vehicle registration for each vehicle. For mail-in applications, please send photo copy of each vehicle registration. **IF YOU FAIL TO ENCLOSE PHOTO COPIES OF REGISTRATION OR OTHER PROOF, WE WILL BE UNABLE TO PROCESS YOUR APPLICATION BY MAIL** and will return all correspondence to you. NOTE: If you are a Darien resident and your vehicle is registered out-of-town, the higher, Non-Resident fee applies (see "FEES" below), and you must still prove residency with rental lease if renter, or closing papers/property deed if new resident.

**FEES:**

- Beach/Park Permit: \$40 per vehicle
- Senior Citizens (65 years) receive ONE FREE PERMIT PER FAMILY; \$40 each additional vehicle
- Non-resident taxpayer: \$70 per vehicle. Applies to Darien taxpayer who resides out of town or any vehicle registered out of town/state even if residing in Darien.

**BOAT LAUNCH PERMITS** are required for the use of Darien launch areas at both beaches. (Include vessel registration number on application form). Trailers must be detached from vehicles and parked in designated locations.

- Boat Launch Permit: \$45 per boat
- Small Craft Storage for access to Pear Tree Point Beach moorings: \$55 per dinghy

Applications will be processed provided all information and applicable fees are included. **PERMIT STICKERS WILL BE PROVIDED DIRECTLY TO YOU. REPLACEMENT FEE FOR LOST OR STOLEN PERMIT STICKER IS \$40. Permit stickers must be affixed to INSIDE windshield, lower left corner.** Permit stickers are non-transferable. If you purchase a new vehicle or if your windshield is replaced, please remove your permit sticker and return it (even in pieces) to the Parks and Recreation office for a free replacement sticker.

**APPLICATION ON REVERSE SIDE**